

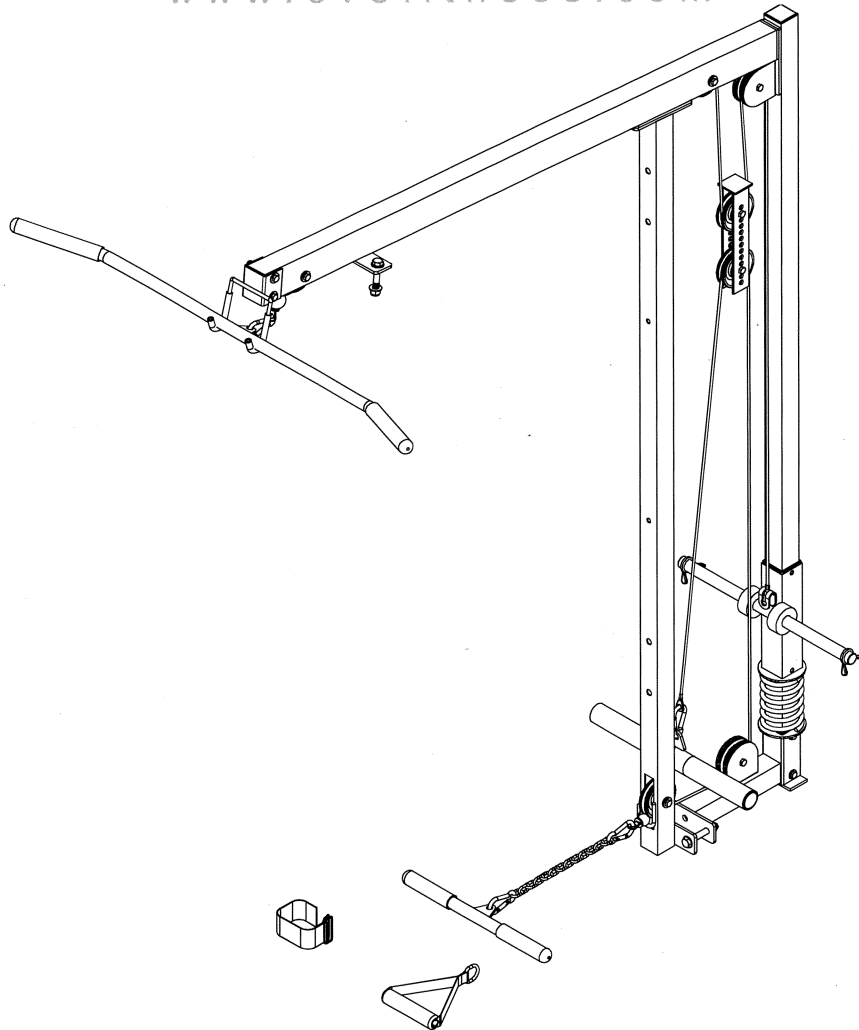
USER'S MANUAL

# 5105 TAHOE HOME GYM

MODEL NUMBER: 5105



[www.evofitness.com](http://www.evofitness.com)



USER WEIGHT LIMITATION: **350lbs.**

TOLL FREE CUSTOMER SERVICE NUMBER: **1.888.800.1167**

SERIAL NUMBER (found on frame):



**PREASSEMBLY****For future service or related questions:**

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your EVO Fitness Home Gym.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Receipt: \_\_\_\_\_

**Open the boxes:**

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local EVO dealer or contact us directly at 888-800-1167.

**Gather your tools:**

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

**Clear your work area:**

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

**Invite a friend:**

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

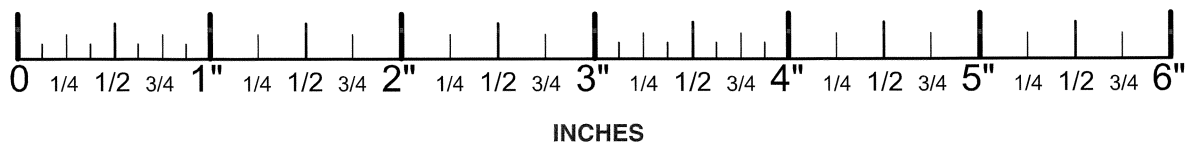
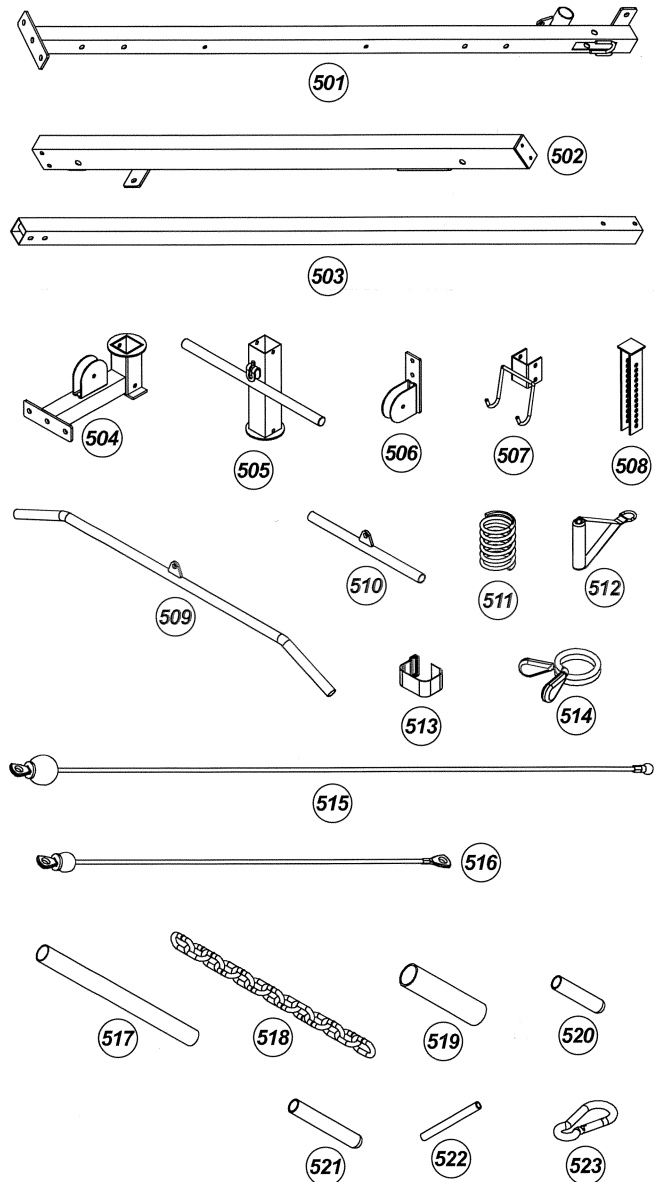
**User Weight Limitation:**

Please note that there is a weight limitation for this product. **If you weigh more than 350lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

**PARTS LIST****Parts List:**

For your convenience, we have identified the parts used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.

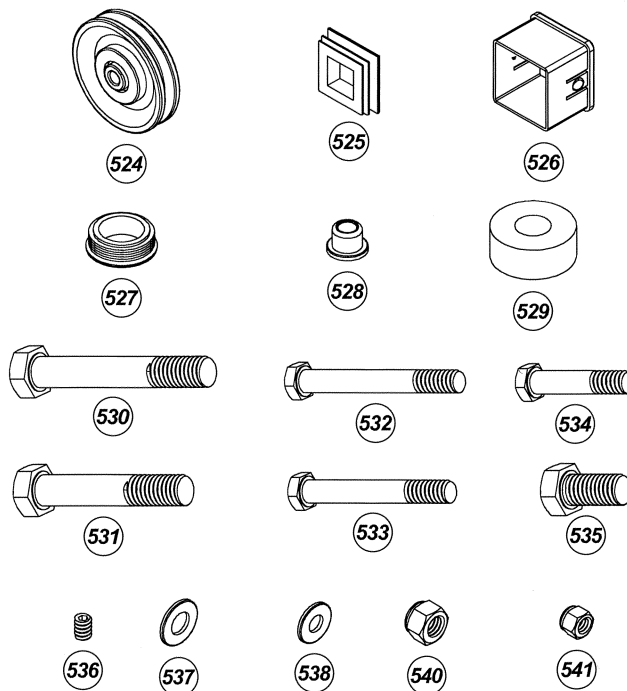
NO.	DESCRIPTION	QTY.	ORDER NO.
501	MAIN UPRIGHT	1	5105-501
502	TOP FRAME	1	5105-502
503	CHROMED UPRIGHT	1	5105-503
504	WEIGHT BASE	1	5105-504
505	WEIGHT HOLDER	1	5105-505
506	TOP PULLEY BLOCK	1	5105-506
507	LAT BAR HOLDER	1	5105-507
508	FLOATING PULLEY BLOCK	1	5105-508
509	LAT BAR	1	5105-509
510	CURL BAR	1	5105-510
511	SPRING COIL	1	5105-511
512	SINGLE CURL	1	5105-512
513	ANKLE STRAP	1	5105-513
514	1" SPRING CLIP	2	5105-514
515	TOP CABLE	1	5105-515
516	LOW CABLE	1	5105-516
517	1-1/2" ROUND TUBE	1	5105-517
518	LINK CHAIN	1	5105-518
519	1-1/2" FOAM TUBE	2	5105-519
520	1" X 140mm HAND GRIP	2	5105-520
521	1" X 200mm HAND GRIP	2	5105-521
522	5/16" FOAM TUBE	2	5105-522
523	SNAP HOOK	4	5105-523



**PARTS LIST****Parts List:**

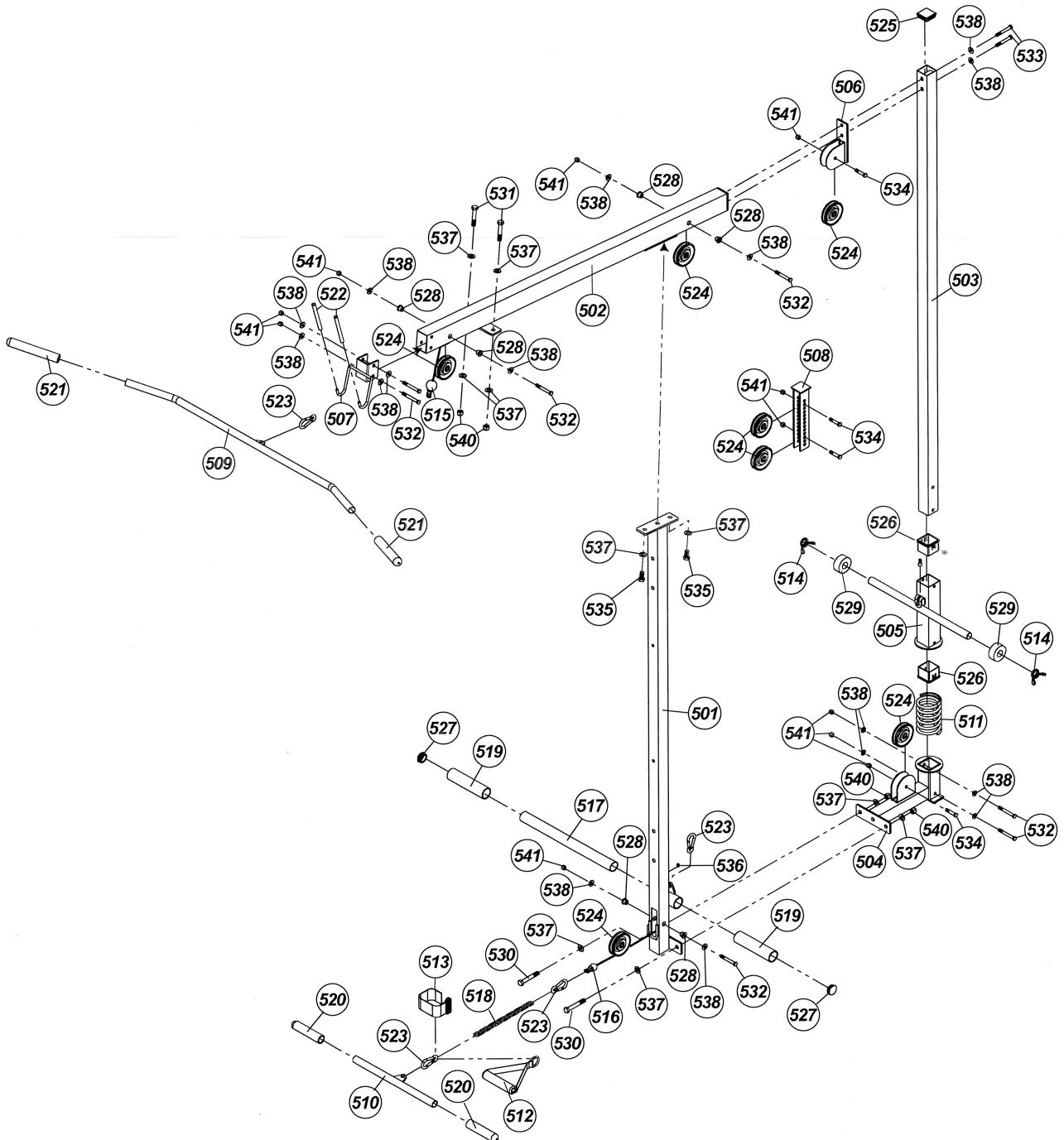
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NO.	DESCRIPTION	QTY.	ORDER NO.
524	PULLEY	7	5105-524
525	50mm SQ. PLUG	1	5105-525
526	50mm SQ. BUSHING	2	5105-526
527	1-1/2" ROUND PLUG	2	5105-527
528	3/8" BUSHING	6	5105-528
529	60mm RUBBER DOUGHNUT	2	5105-529
530	1/2" X 3-1/4" HEX HEAD BOLT	2	5105-530
531	1/2" X 3" HEX HEAD BOLT	2	5105-531
532	3/8" X 3" HEX HEAD BOLT	7	5105-532
533	3/8" X 2-3/4" HEX HEAD BOLT	2	5105-533
534	3/8" X 1-3/4" HEX HEAD BOLT	4	5105-534
535	1/2" X 1" HEX HEAD BOLT	2	5105-535
536	5/16" X 1/4" SET SCREW	1	5105-536
537	1/2" WASHER	10	5105-537
538	3/8" WASHER	16	5105-538
540	1/2" NYLON NUT	4	5105-540
541	3/8" NYLON NUT	11	5105-541



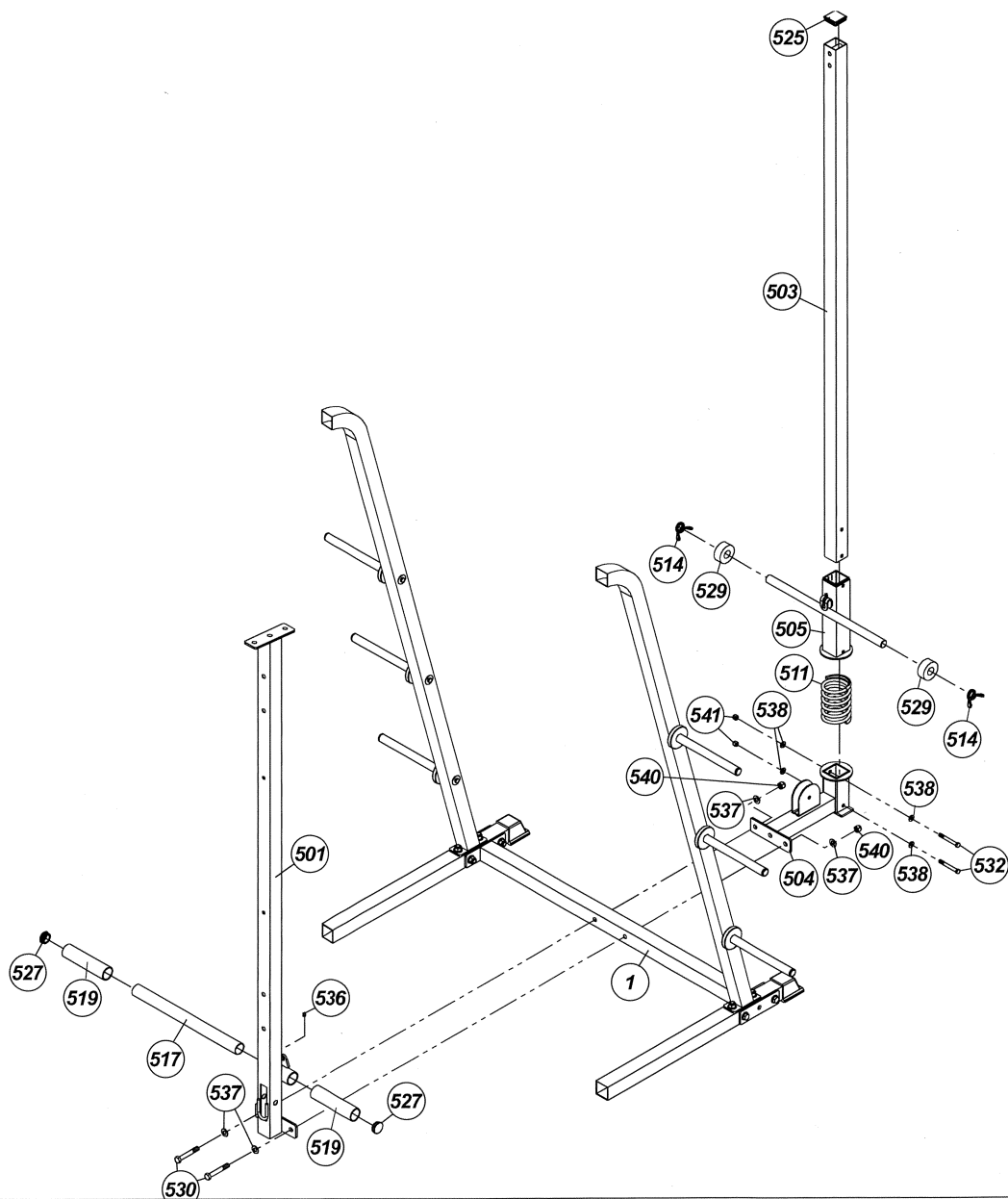
PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.



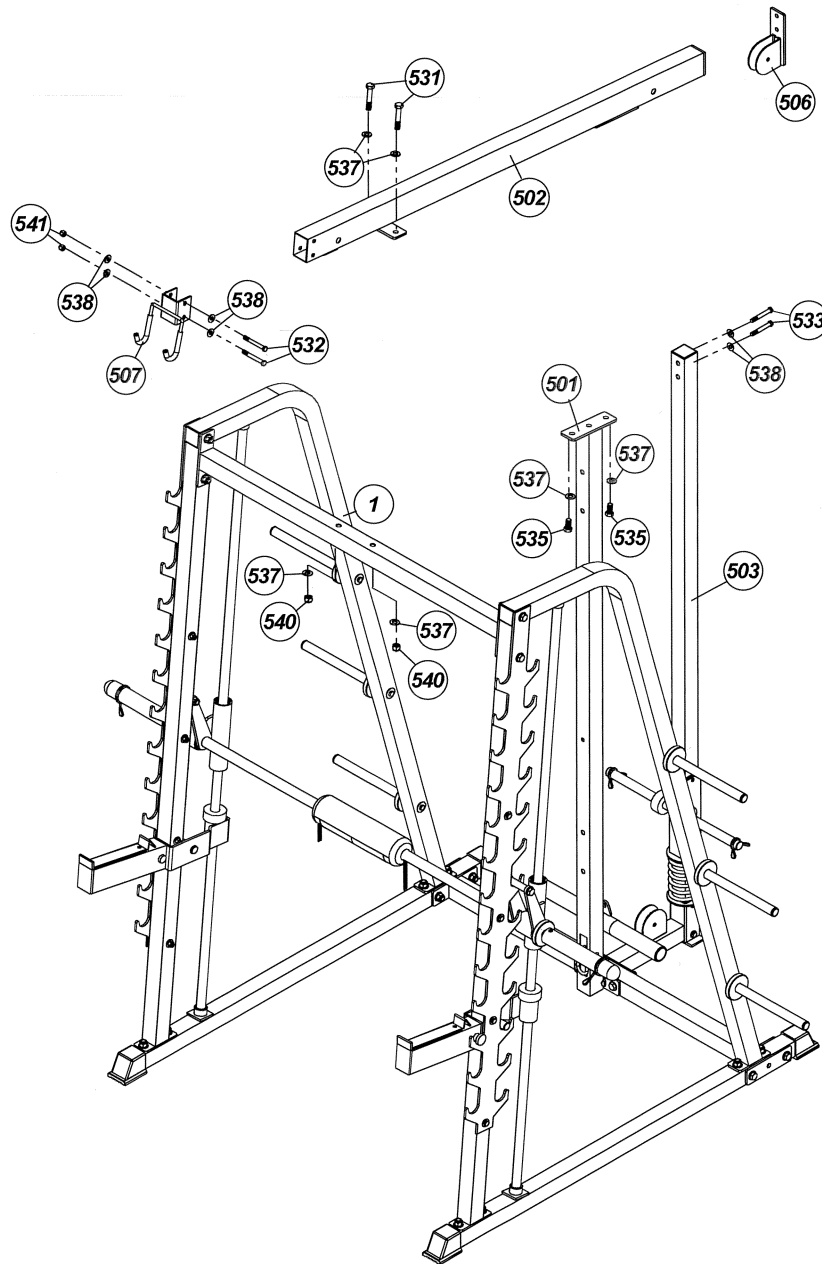
ASSEMBLY**STEP 1:**

Attach the Main Upright (501) and the Weight Base (504) to the Connect Beam (1) using two 1/2" x 3-1/4" Hex Head Bolts (530), four 1/2" Washers (537) and two 1/2" Nylon Nuts (540). Cap the Chromed Upright (503) with the 50mm Sq. Plug (525). Slide the Spring Coil (511) and the Weight Holder (505) onto the Chromed Upright (503). While holding the Spring Coil (511) and Weight Holder (505), insert the Chromed Upright (503) into the block on the Weight Base (504), aligning the two holes in the Chromed Upright (503) at the bottom. Secure with two 3/8" x 3" Hex Head Bolts (532), four 3/8" Washers (538) and two 3/8" Nylon Nuts (541). Slide the 60mm Rubber Doughnut (529) and 1" Spring Clip (514) onto each side of the bar on the Weight Holder (505) as shown. Insert the 1-1/2" Round Tube (517) through the sleeve on the Main Upright (501). Secure with 5/16" x 1/4" Set Screw (536). Slide two 1-1/2" Foam Pads (519) onto the 1-1/2" Round Tube (517) and cap with the 1-1/2" Round Plug (527).



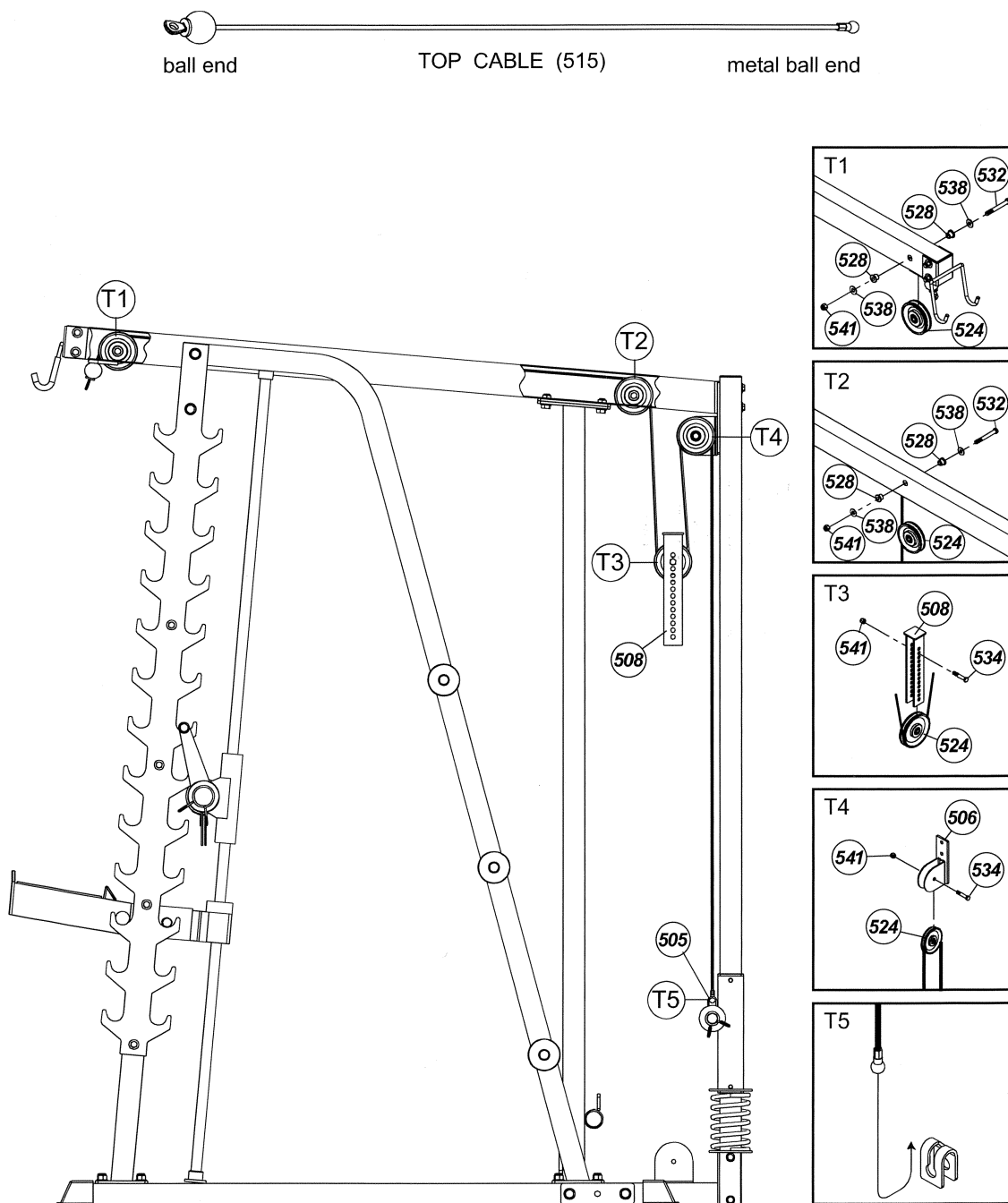
ASSEMBLY**STEP 2:**

Attach the Lat Bar Holder (507) to the Top Frame (502) using two 3/8" x 3" Hex Head Bolts (532), four 3/8" Washers (538) and two 3/8" Nylon Nuts (541). Align the mounting holes in the Top Frame (502) with the holes in the Main Upright (501) then secure with two 1/2" x 1" Hex Head Bolts (535) and two 1/2" Washers (537). Attach the Top Frame (502) to the Connect Beam (1) using two 1/2" x 3" Hex Head Bolts (531), four 1/2" Washers (537) and two Nylon Nuts (540). Attach the Chromed Upright (503) and the Top Pulley Block (506) to the Top Frame (502) using two 3/8" x 2-3/4" Hex Head Bolts (533) and two 3/8" Washers (538).



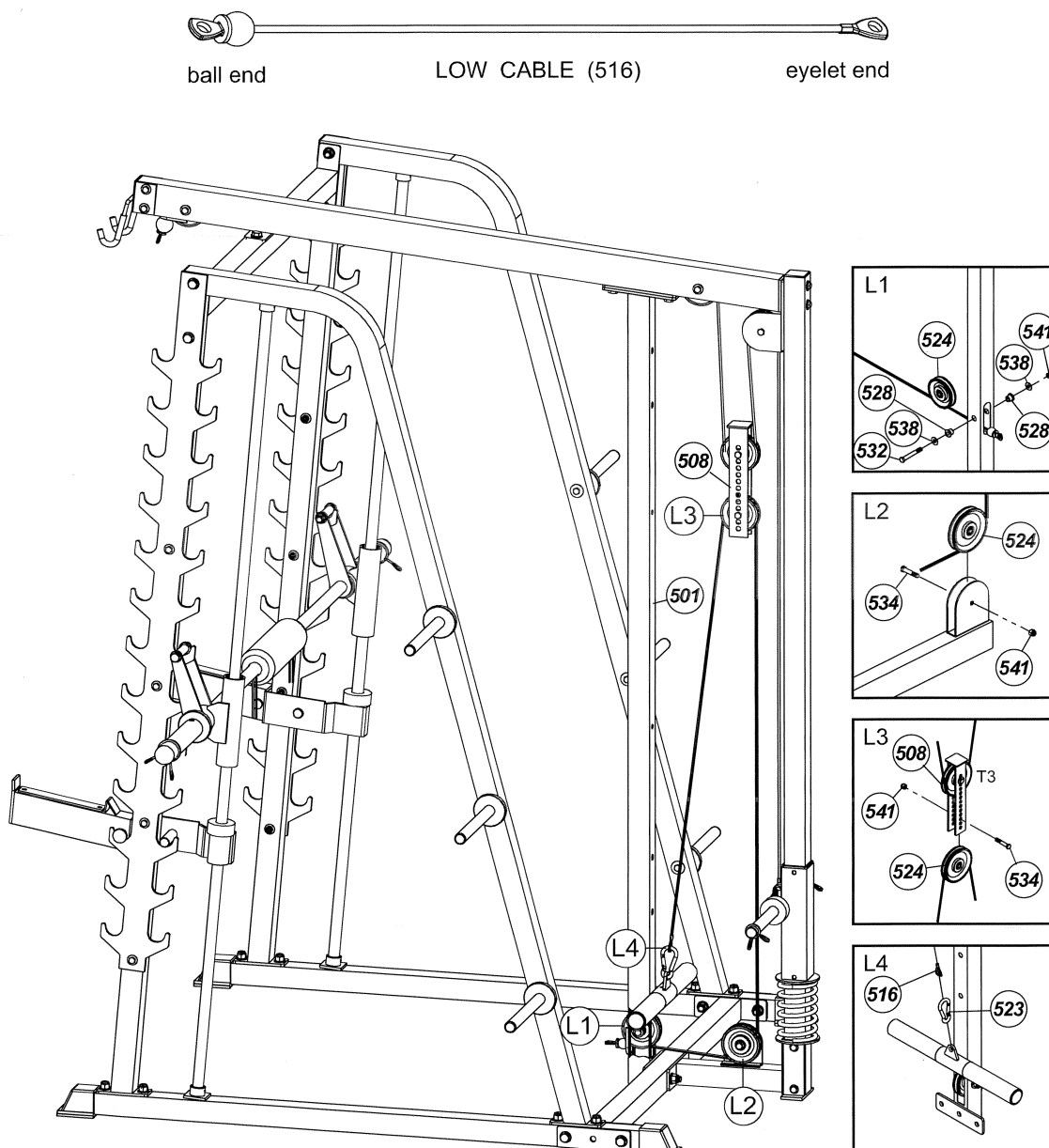
**ASSEMBLY****STEP 3:**

Insert the metal bolt end of the Top Cable (515) through Pulley T1 (Ball End outside). Route the cable over Pulley T2, down and around pulley T3, up and around pulley T4, down and attach to the Weight Holder (505).



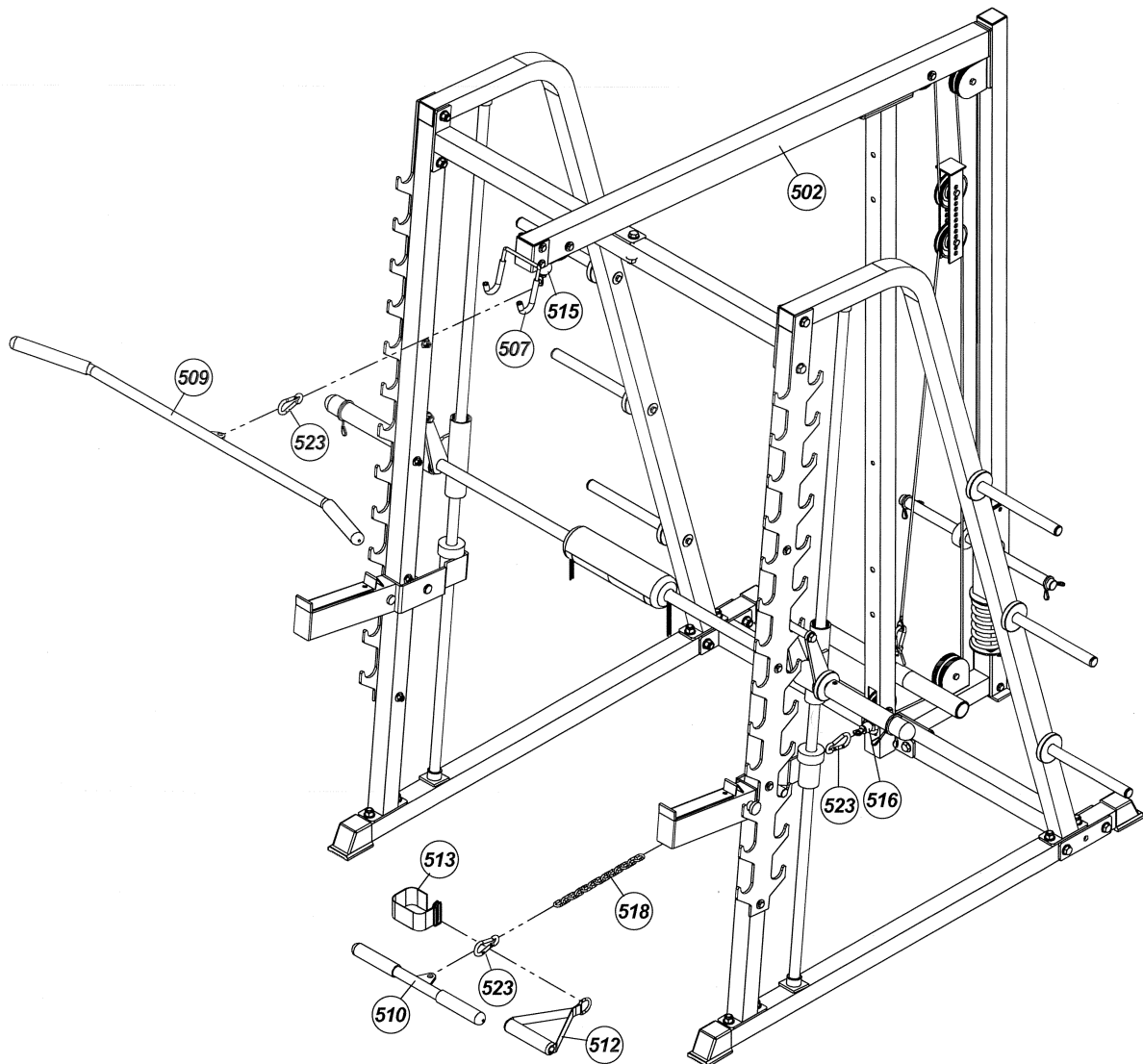
**ASSEMBLY****STEP 4:**

Insert the eyelet end of the Lower Cable (516) through the pulley L1. Route the Cable beneath pulley L1 continue through pulley L2, up and around pulley L3, down and attach the eyelet end to the Main Upright using the Snap Hook (523).



ASSEMBLY**STEP 5:**

Attach the Lat Bar (509) to the eyelet of the Top Cable (515) using the Snap Hook (523) then place the Lat Bar (509) on the hook of the Lat Bar Holder (507). Attach the accessories (510,512,513) to the cable eyelet using the Snap Hook (523) and the Link Chain (518) (when necessary).



## WARRANTY

**Warranty Coverage:** Smooth Fitness, Inc. ("Smooth fitness") warrants to the original purchaser that each new product to be free from defects in workmanship and material, under normal use and conditions.

**Period of Coverage:** The Warranty on this product runs for the period of the lifetime of the original purchaser. This is a Parts-Only Warranty, labor is not included. Smooth Fitness reserves the right to inspect damaged parts for misuse.

**Light Institutional Warranty:** This product carries a warranty for light commercial applications (non-membership selling gyms). Parts are warranted for a period of one year including frame, pulleys, bearings and all other mechanical parts. Upholstery and cables carry a 90-day warranty. This is a Parts-Only Warranty. Customer is responsible for shipping charges on parts going outside the continental United States.

It is recommend that the Original Receipt be kept with the product manual.

**Remedy Provide by Smooth Fitness:** Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. You must pay and charges for shipping and handling outside of the Continental United States. To obtain service call your local EVO dealer or contact us directly at 888-800-1167.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

**Procedure for Obtaining Your Remedy Under This Warranty:** To obtain service call your local EVO dealer or contact us directly at 888-800-1167. To help us assist you, please have the following information ready:

Model name or number from the cover of the manual;  
Serial number located on the frame of the unit; and  
The part description and the order number.

**Limitations on Warranty:** This Warranty does not apply to you if you have purchased this product for resale. This Warranty does not cover any problems or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alternations made to the product by an unauthorized repair facility. The Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside the United States. This Warranty does not apply if the product is used for rental or commercial use. Consequential and incidental damages are not recoverable under this Warranty. (Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.)

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE EFFECTIVE DATE OF THIS WARRANTY. SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

For assistance with assembly or to order replacement parts, simply call your local EVO dealer or contact us directly at 888-800-1167, Monday through Friday (excluding holidays) 8:00 am to 4:00 pm eastern daylight time.

## IMPORTANT STEPS

**Warning:**

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

**Before beginning:**

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.



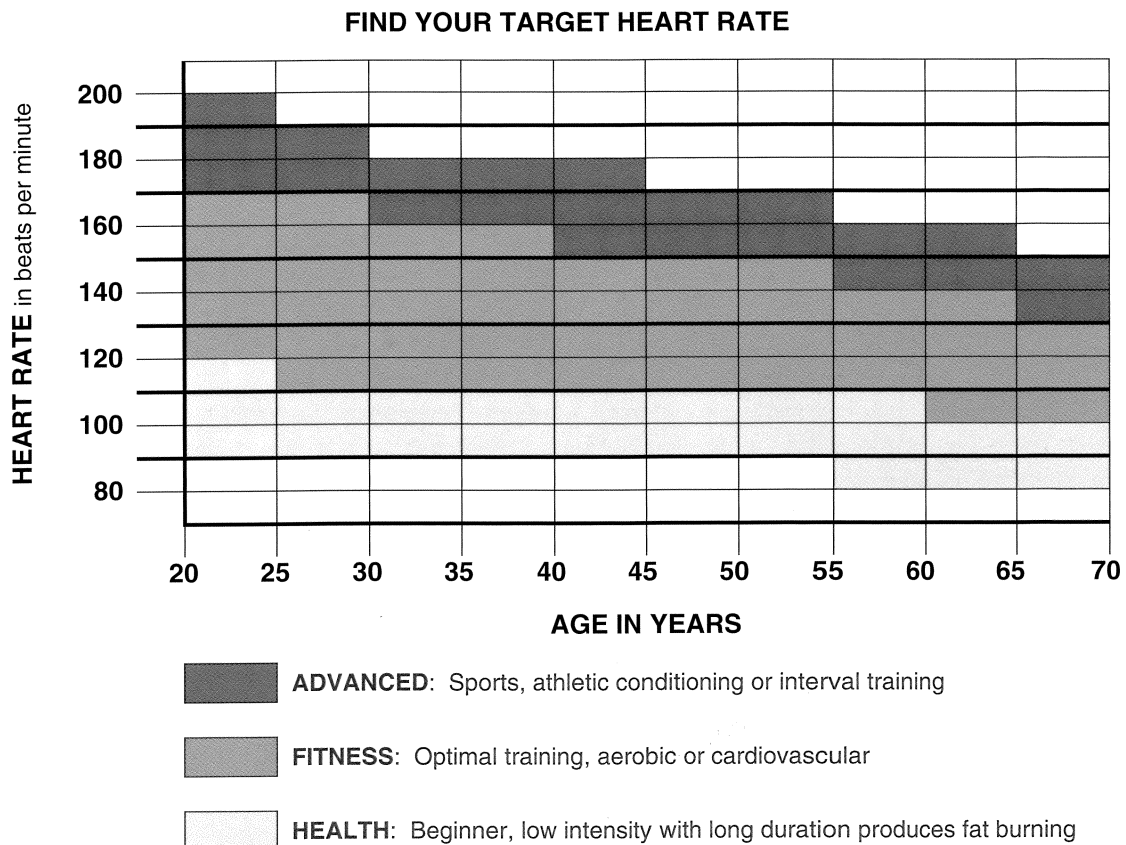
The Surgeon General  
has determined that lack  
of physical activity is  
detrimental to your health.™

## TARGET HEART RATE

### Finding your pulse:

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.

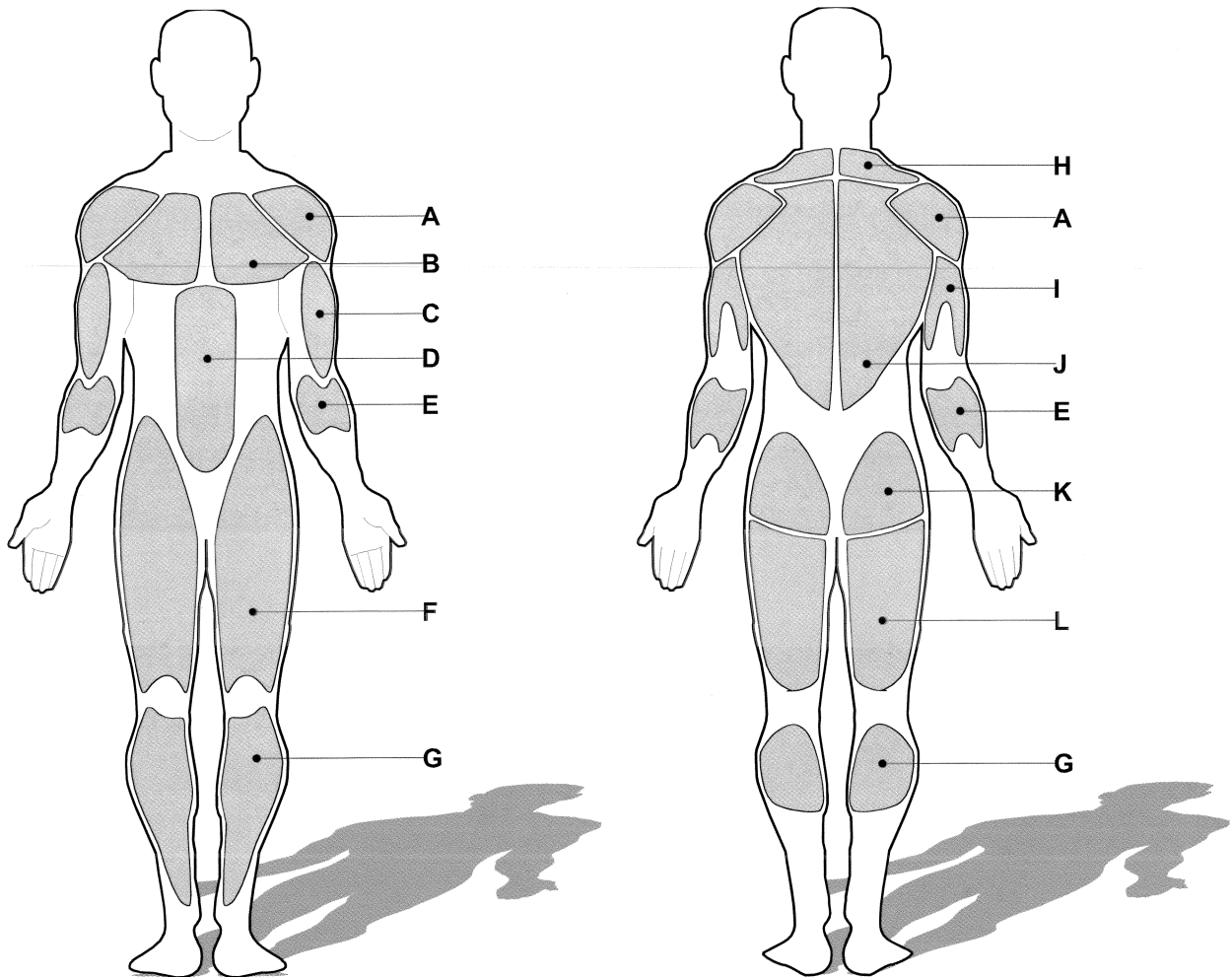


### Aerobic exercise:

Is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

MUSCLE CHART**Targeted muscle groups:**

The exercise routine that is performed on this product will develop the upper and lower body muscle groups. These muscle groups are shown in gray color on the chart below.



Shoulder muscles	A	B	Pectoral muscles
Bicep muscle	C	D	Abdominal muscles
Forearm muscles	E	F	Quadricep muscles
Calf muscles	G	H	Trapezius muscles
Tricep muscles	I	J	Back muscles
Gluteal muscles	K	L	Hamstring muscles

## STRETCHING ROUTINE

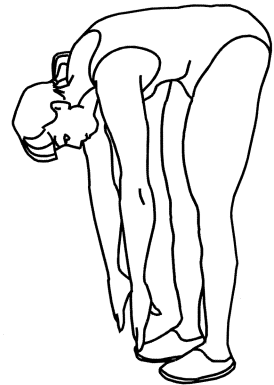
### **Warm up and cool down:**

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

### **Toe Touch:**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



### **Shoulder Lift:**

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



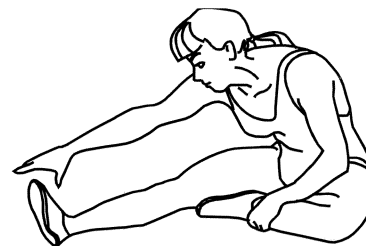
### **Head Roll:**

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



STRETCHING ROUTINE**Hamstring Stretch:**

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

**Inner Thigh Stretch:**

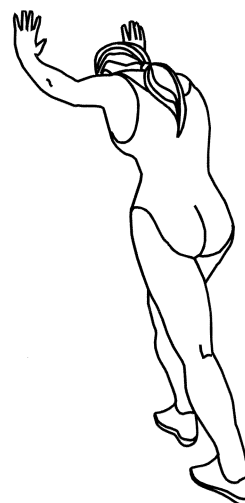
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

**Side Stretch:**

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

**Calf-Achilles Stretch:**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.









[www.evofitness.com](http://www.evofitness.com)

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Toll Free Customer Service:

**1.888.800.1167**

Website:

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